



NATIONAL COSMETOLOGY WRITTEN EXAMINATION

CANDIDATE INFORMATION BULLETIN

PLEASE RETAIN THIS BULLETIN FOR FUTURE REFERENCE

The National Cosmetology Examination is the national licensure examination for Cosmetology, which is developed and administered by the National-Interstate Council of State Boards of Cosmetology. This Information Bulletin includes the Content Outline covered by the National Cosmetology Examination, sample questions and the correct answers. The time allowed for the Cosmetology written examination is 90 minutes.

SCIENTIFIC CONCEPTS 30 %

Infection Control

- ◇ Microbiology
- ◇ Methods of infection control
- ◇ Federal regulations and Universal Precautions

Human Anatomy and Physiology

- ◇ Cells
- ◇ Tissues
- ◇ Body systems

Nutrition

Ergonomics

Basic Principles of Chemistry

- ◇ Compounds, mixtures, solutions, suspensions, and emulsions
- ◇ The pH Scale
- ◇ Product ingredients
- ◇ Chemical reactions

Basic Principles of Electricity

- ◇ Electric current
- ◇ Electric measurements
- ◇ Electricity in cosmetology
- ◇ Safety precautions and infection control

HAIR CARE AND SERVICES 50%

Trichology

- ◇ Properties and structure of hair and scalp
- ◇ Hair analysis and hair quality
- ◇ Hair growth
- ◇ Hair loss (alopecia)
- ◇ Disorders of the scalp

Principles of Hair Design

- ◇ Elements of hair design
- ◇ Principles of hair design
- ◇ Facial shapes

Draping Procedures

- ◇ Wet services
- ◇ Dry services
- ◇ Chemical services

Brushing, Shampooing, Conditioning, Hair and Scalp Treatment Procedures

- ◇ Brushing the hair
- ◇ Shampooing
- ◇ Conditioning
- ◇ Hair and scalp treatments
- ◇ Safety precautions and infection control

Haircutting Procedures

- ◇ Basic principles of haircutting
- ◇ Client consultation
- ◇ Tools
- ◇ Basic haircuts
- ◇ Safety precautions and infection control

Hairstyling procedures

- ◇ Client consultation
- ◇ Wet styling
- ◇ Long hair styling
- ◇ Thermal styling
- ◇ Safety precautions and infection control

Braiding, Wigs, and Hair Enhancements/Additions

- ◇ Client consultation
- ◇ Braiding
- ◇ Hair extensions/additions
- ◇ Wigs
- ◇ Hairpieces
- ◇ Safety precautions and infection control

Chemical Texture Services

- ◇ Client consultation
- ◇ Permanent waving
- ◇ Chemical hair relaxers
- ◇ Soft curl permanent or curl reforming
- ◇ Safety precautions and infection control

Haircoloring Procedures

- ◇ Color theory
- ◇ Client consultation
- ◇ Types of haircolor
- ◇ Color selection
- ◇ Haircolor applications
- ◇ Hair lightening
- ◇ Special effects haircoloring
- ◇ Haircolor problems and corrections
- ◇ Safety precautions and infection control

SKIN CARE AND SERVICES 10%

Skin Histology

- ◇ Anatomy of skin
- ◇ Disorders of the skin
- ◇ Functions of the skin

Draping Procedures

Hair Removal Procedures

- ◇ Client consultation
- ◇ Temporary hair removal
- ◇ Safety precautions and infection control

Facial Procedures

- ◇ Client consultation
- ◇ Skin care tools and work area
- ◇ Facial massage
- ◇ Facial treatments
- ◇ Safety precautions and infection control

Facial Makeup Application

- ◇ Client consultation
- ◇ Cosmetics for facial makeup
- ◇ Makeup color theory
- ◇ Corrective theory
- ◇ Safety precautions and infection control

NAIL CARE AND SERVICES 10%

Nail Structure and Growth

- ◇ Nail growth
- ◇ Nail disorders/diseases

Manicure and Pedicure Procedures

- ◇ Client consultation
- ◇ Nail care tools and work area
- ◇ Types of hand and foot massage
- ◇ Types of manicures
- ◇ Types of pedicures
- ◇ Safety precautions and infection control

Advanced Nail Procedures

- ◇ Pre-service and post-service
- ◇ Artificial nail services
- ◇ Safety precautions and infection control

Sample Questions

The following sample questions are similar to those on the NIC Cosmetology Written Examination. Each question is followed by four answer choices. Only one choice is correct. Correct answers are listed following the sample questions.

SAMPLE QUESTIONS

1. Which of the following substances is usually contained in a toner?
 - a. Metallic dye
 - b. Compound dye
 - c. Vegetable tint
 - d. Oxidation tint
2. Which one of the following shampoos is best for tinted hair?
 - a. Medicated
 - b. Olive oil
 - c. High alkaline
 - d. Acid-balanced
3. The main purpose of scalp treatments is to
 - a. cure scalp disease.
 - b. make the hair more dry.
 - c. make the hair more oily.
 - d. maintain the health of the scalp and hair.
4. Which one of the following should be applied to the skin after removal of whiteheads?
 - a. A caustic
 - b. Deodorant
 - c. An antiseptic
 - d. Bleaching cream
5. Action of bleach continues only as long as it remains
 - a. dry.
 - b. soft.
 - c. moist.
 - d. powdery.
6. Before disinfecting combs and brushes, they should be
 - a. wiped with a towel.
 - b. wiped with a tissue.
 - c. rinsed in cold water.
 - d. cleaned with soap and warm water.
7. Which one of the following is a common cause of failures in permanent waving?
 - a. The hair was cut too short
 - b. Too much neutralizer was used
 - c. Too few end papers were used
 - d. Insufficient processing time was allowed
8. What is the process used in tapering and thinning with scissors?
 - a. Clipping
 - b. Slithering
 - c. Razor cutting
 - d. Layer cutting
9. The action of chemical hair relaxers causes the hair to
 - a. stop growing.
 - b. harden and set.
 - c. form new curls.
 - d. soften and swell.
10. Styling with an air dryer should be performed on hair that is
 - a. damp.
 - b. freshly cut.
 - c. dripping wet.
 - d. completely dry.
11. When should a predisposition test be performed?
 - a. When the scalp has cuts
 - b. Before applying peroxide
 - c. Before every application of oxidizing tints
 - d. Before any application of vegetable coloring
12. At what part of the nail does growth start?
 - a. Wall
 - b. Matrix
 - c. Lunula
 - d. Cuticle
13. What is the function of sebum?
 - a. To dry the skin
 - b. To harden the skin
 - c. To cleanse the skin
 - d. To lubricate the skin
14. Sterilization is the process of
 - a. keeping bacteria alive.
 - b. destroying offensive odors.
 - c. destroying beneficial microorganisms only.
 - d. destroying both harmful and beneficial bacteria.
15. What type of bases or foundations for pincurls should be used to avoid splits at facial hair line?
 - a. Square
 - b. Circular
 - c. Triangular
 - d. Rectangular
16. What is the kneading movement used in facials?
 - a. Friction
 - b. Petrissage
 - c. Vibration
 - d. Effleurage
17. Where should freshly laundered towels be kept?
 - a. On a clean shelf
 - b. In any convenient place
 - c. In a closed cabinet or drawer
 - d. In neat stacks by the shampoo bowl

COSMETOLOGY REFERENCES

Milady's Standard Cosmetology, 2004

Milady, an imprint of Thomson Delmar Learning
5 Maxwell Drive
Clifton Park, NY 12065
(800) 730-2214

Salon Fundamentals

Pivot Point International, Inc.,
August 2003
Evanston, IL 60201
(800) 886-4247

NIC Health and Safety Standards

NIC, Inc., October 2002
www.nictesting.org

OPTIONAL REFERENCES

Milady's Standard Textbook of Cosmetology, 2000

Milady, an imprint of Thomson Delmar Learning
5 Maxwell Drive
Clifton Park, NY 12065
(800) 730-2214

Salon Fundamentals

Pivot Point International, Inc.,
2000
Evanston, IL 60201
(800) 886-4247

Hair Structure & Chemistry Simplified, 4th Ed., 2002

Milady, an imprint of Thomson Delmar Learning
5 Maxwell Drive
Clifton Park, NY 12065
(800) 730-2214

Milady's Standard Nail Technology, 4th Ed., 2004

Milady, an imprint of Thomson Delmar Learning
5 Maxwell Drive
Clifton Park, NY 12065
(800) 730-2214

Answers

- | | | | |
|------|------|-------|-------|
| 1. d | 5. c | 9. d | 13. d |
| 2. d | 6. d | 10. a | 14. d |
| 3. d | 7. d | 11. c | 15. c |
| 4. c | 8. b | 12. b | 16. b |
| | | | 17. c |